



COOKING WITH TENDERSTEM® BROCCOLI

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COOKING TIME FOR TENDERSTEM® BROCCOLI

RAW

0 mins

BOIL

3 - 4 mins

STEAMED

3 - 4 mins

STIR FRIED

5 mins

GRIDDLED

8 - 10 mins

ROASTED

12 - 15 mins

TENDERSTEM® BROCCOLI, HORSERADISH, PINK LADY® APPLE & TOASTED HAZELNUT SALAD



A super summery collision of flavours in this light salad: sweet, savoury and sharp.



2 servings



10 minutes

Ingredients

50g natural yoghurt (Yeo Valley is best)
25g creamed horseradish sauce
1 tbsp rapeseed oil
20g toasted hazelnuts
1 Pink Lady® apple
16 stems Tenderstem® broccoli
1 tsp rapeseed oil
A pinch of sea salt
100g watercress

Directions

- 1 Snip the ends off the fig stalks. This makes them easier to cut through. Cut a cross through the stalk down to nearly the base of the fig taking care not to completely cut it into quarters.
- 2 Cut the mozzarella into 4 and place a piece inside each fig. Wrap each fig with a slice of Parma ham and then skewer two figs onto each skewer ensuring you pierce the fig flesh, the cheese and the fig flesh on the other side. You don't want them to be loose on the skewers.
- 3 Place them under a medium grill for 5-10 minutes until the cheese is starting to turn golden.
- 4 Meanwhile heat your butter and garlic in a wok or frying pan on a medium heat and add your Tenderstem® broccoli. Toss the broccoli often so that it's covered in the garlic butter and put a lid over it.
- 5 Use this time to grate your orange zest.
- 6 After 5 minutes, toss again, season well and plate up. Sprinkle your zest over everything and give the figs a little black pepper.



TENDERSTEM® BROCCOLI SCANDI SMØRREBRØD (OPEN SANDWICH)



Brunch like a champion with this Scandi-inspired smørrebrød recipe!

 2 servings  10 minutes

Ingredients

120g of Tenderstem® broccoli
50g half-fat crème fraîche
2 tbsp chopped, fresh dill, plus extra to garnish
2 tsp horseradish sauce
2 slices of dark rye or pumpernickel bread
1 small ripe avocado, sliced
100g smoked salmon
Small bunch of watercress
Lemon wedges, to serve
Freshly ground pepper

Directions

- 1 Place the Tenderstem® broccoli in a steamer and steam for 3-4 minutes.
- 2 Mix together the crème fraîche, chopped dill and horseradish sauce in a small bowl and set aside.
- 3 Lightly toast the rye bread or pumpernickel.
- 4 When you are ready to serve, divide the crème fraîche, horseradish and dill mixture between the two slices of toast and spread evenly to cover.
- 5 Arrange the avocado slices on top and then add the smoked salmon slices.
- 6 Top with the lightly steamed Tenderstem® broccoli, a few sprigs of watercress and dill and freshly ground black pepper. Serve immediately with lemon wedges.



STICKY ASIAN COD WITH ROASTED TENDERSTEM® BROCCOLI AND NEW POTATOES



This tasty recipe for sticky Asian cod with roasted Tenderstem® broccoli and new potatoes is a crowd pleaser.



2 servings



20 minutes

Ingredients

For the sauce/glaze

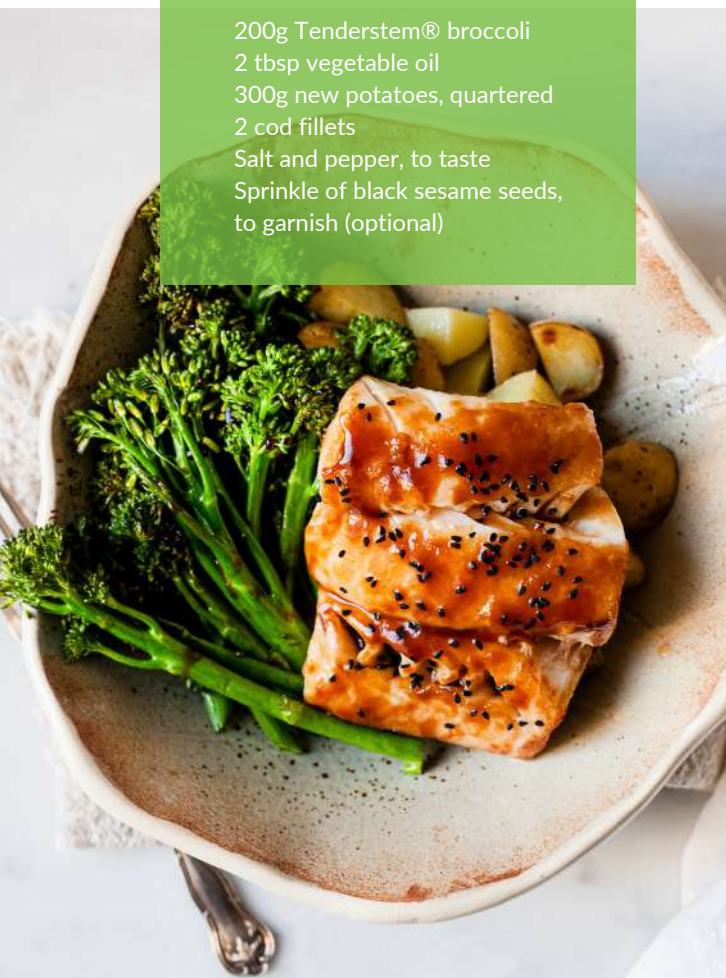
2 tbsp hoisin sauce
2 tbsp reduced-salt soy sauce
Juice of 1 lime
1 small clove garlic, crushed

For the tray bake

200g Tenderstem® broccoli
2 tbsp vegetable oil
300g new potatoes, quartered
2 cod fillets
Salt and pepper, to taste
Sprinkle of black sesame seeds,
to garnish (optional)

Directions

- 1 Preheat the oven to 180°C/fan 160°C/gas mark 4. Line a baking tray with baking paper.
- 2 Combine all the glaze ingredients in a measuring jug or small bowl and whisk well until combined.
- 3 Place the Tenderstem® broccoli and potatoes on one side of the baking tray, drizzle with the oil, toss to coat and season with salt and pepper.
- 4 Place the cod on the other side of the baking tray and coat with the glaze.
- 5 Roast everything in the oven for 16-20 minutes depending on the size of the cod, until cooked through.
- 6 Remove the tray from the oven and serve in bowls, garnished with the sesame seeds (if using) and with the remaining sauce on the side for drizzling.



SPANISH BAKED PAELLA WITH PRAWNS, TENDERSTEM® BROCCOLI AND PEPPER



This Spanish classic doesn't need much to remind you why you fell in love with it in the first place.



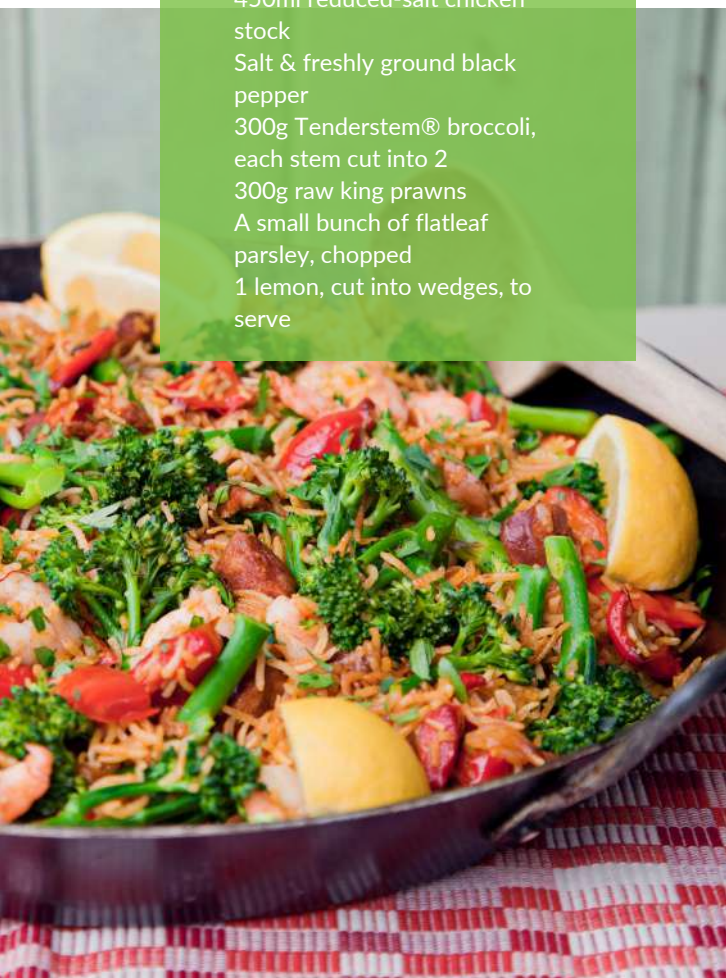
4 servings



1 hour 5 minutes

Ingredients

A pinch of saffron threads
2 tbsp olive oil
150g cooking chorizo, diced
2 medium onions, chopped
2 red peppers, chopped
2 cloves garlic, crushed
250g white rice, ideally paella rice, or if not basmati is good
450ml reduced-salt chicken stock
Salt & freshly ground black pepper
300g Tenderstem® broccoli, each stem cut into 2
300g raw king prawns
A small bunch of flatleaf parsley, chopped
1 lemon, cut into wedges, to serve



Directions

- 1 Preheat oven to 200C/180C fan/gas mark 6. Sprinkle the saffron threads into a small heatproof glass or bowl and pour over 2 tablespoons of boiling water. Set aside to infuse.
- 2 Add the oil to a large heavy based heatproof casserole and set over a medium high heat. When it is hot, add the chorizo, onions and peppers and fry together for 10 minutes, stirring frequently until they are a little coloured at the edges.
- 3 Reduce the heat a little before stirring through the garlic and rice. Fry for a couple of minutes, making sure all the rice grains are well coated in the juices. Pour in the stock, and saffron, along with its soaking water, stirring well to mix. Season with a little salt and freshly ground black pepper, cover with a tight fitting lid or snugly tucked piece of foil and bake in the oven for 25 minutes.
- 4 Blanch the Tenderstem® broccoli in a pan of boiling water for 2 minutes. Drain well. Remove the paella from the oven, stir through the Tenderstem® broccoli and prawns and most of the parsley, recover and return to the oven for a further 10-15 minutes, until the prawns are pink and cooked and the Tenderstem® broccoli cooked but with a little bite. Serve immediately, with a little extra parsley scattered on top and lemon wedges to squeeze over.

SLOW ROAST LAMB LEG WITH TENDERSTEM® BROCCOLI, LEMON & CAPER DRESSING



Cut through the richness of the lamb with Tenderstem® broccoli in a herb lemon and caper dressing.



6 servings



4 hours 30 minutes

Ingredients

For the lamb and potatoes

650ml hot chicken stock
1.8kg potatoes (smooth potatoes such as desiree, vivaldi or yukon gold are good)
1-3 bulbs of garlic, cut in half horizontally
3 large onions, peeled and thinly sliced
1 (roughly 1.9kg) lamb leg at room temperature
1 tbsp light olive oil
4 bay leaves

For the Tenderstem®broccoli and dressing

3 small preserved lemons, halve, squeeze out the pips and then chop into thin slices
1 1/2 tbsp non-pareil capers
1 bunch mint leaves, finely chopped
1/2 a bunch finely chopped parsley leaves
1 bunch coriander, trim the stalks and then finely chop
150ml extra virgin olive oil
1 1/2 tbsp white wine vinegar
600g Tenderstem® broccoli
100g watercress

Directions

- 1 Heat the oven to 160°C (140°C fan, gas mark 4). In a large roasting tin, add the oil, a third of the potatoes in one layer, season well and top with a third of the onions and one of the bay leaves, repeat with the rest.
- 2 Set the lamb leg on top, rubbing it all over with some sea salt and freshly ground black pepper. Add the potatoes and half bulbs of garlic to the tray, with the flat side of the garlic facing upwards. Pour the chicken stock on top, place the tray in the oven and roast for 4 hours, until the meat is tender.
- 3 For the dressing, mix all the dressing ingredients until combined, lightly season with sea salt and freshly ground black pepper. Bring a saucepan of water to the boil, add the Tenderstem® broccoli and cook for 1 ½ mins. Drain then toss with the watercress and a few spoonful's of the dressing to serve.
- 4 Place the Tenderstem® broccoli and dressing in a large dish and serve the lamb in the roasting tray.

BLOOD ORANGE, BEETROOT, TENDERSTEM® BROCCOLI & HAZELNUT WITH A CHILLI VINAIGRETTE



The perfect accompaniment to a simple supper.

 2 servings  15 minutes

Ingredients

For the vinaigrette:

2 tbsps of beetroot juice from vacuum packed beetroot (not in vinegar)
Zest of 1 blood orange (before its peeled)
1 tbsp olive oil
1 garlic clove, grated
1 red chilli, deseeded and finely chopped
1 tbsp red wine vinegar
Sea salt, a good pinch

For the salad:

2 cooked beetroot (not in vinegar), cut into wedges
2 blood oranges, peeled and sliced into discs
300g Tenderstem® broccoli (if frying will need 2 tbsps of olive oil)
A handful of toasted hazelnuts, roughly chopped

Directions

- 1 For the vinaigrette, mix the beetroot juice, zest of a blood orange, olive oil, garlic, chilli, red wine vinegar and salt together to make your dressing.
- 2 Layer the beetroot, oranges and Tenderstem® broccoli onto 2 plates, drizzle with the dressing and top with the chopped toasted hazelnuts.

Tip

If you want to, you can pan-fry the Tenderstem® broccoli in 2 tbsp olive oil for a few minutes until slightly softened.



TENDERSTEM® BROCCOLI SIDE DISH WITH GARLIC PESTO



The juicy crunch of the Tenderstem® broccoli is impeccably matched with the flavours of the garlic pesto.

 2 servings  15 minutes

Ingredients

220g Tenderstem® broccoli
Vegetable oil, for brushing
Handful of almonds
1-2 cloves of garlic, peeled
80g basil
Juice of 1/2 lemon
60-70ml extra virgin olive oil
20g pecorino or Parmesan,
finely grated
Sea salt and freshly ground
black pepper

Directions

- 1 Preheat the oven to 200°C/180°C fan/gas 6.
- 2 Place the Tenderstem® broccoli in a roasting tin. Brush with vegetable oil and roast for about 5-10 minutes.
- 3 Pulse the almonds in a food processor, then add the garlic, basil and lemon juice and blend to break down. While the blender is blitzing the ingredients, drizzle in the olive oil gradually to make a smooth pesto, scraping down as necessary.
- 4 Season with salt and pepper and stir in the cheese.
- 5 Divide the pesto between two plates. Place the Tenderstem® broccoli on top of the pesto and serve immediately.



TUCK INTO SOME TENDERSTEM® BROCCOLI

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